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Tuesday, September 26, 2017 metro.us | t: MetroBOS | f: MetroBoston

YOU WILL BE HOOKED

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How to help a loved one with addiction. 14

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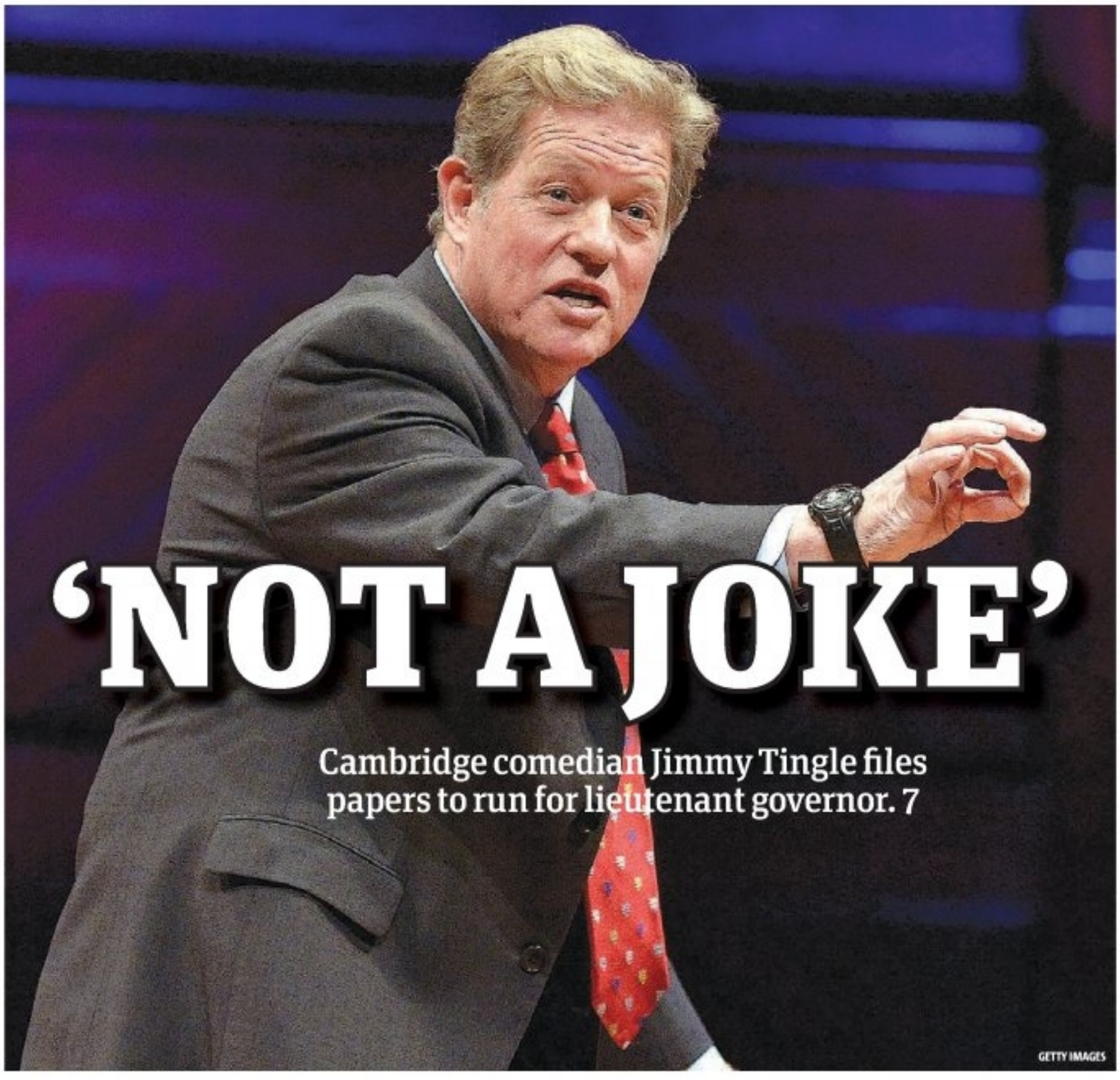

'NOT A JOKE'

Cambridge comedian Jimmy Tingle files papers to run for lieutenant governor. 7

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WELCOME TO METRO BOSTON

MATTHEW BURKE, SPORTS EDITOR

The past few days have been insane when it comes to sports and politics, and (surprise, surprise) Tom Brady is at the center of everything. Brady took a subtle dig at his (former?) buddy Donald Trump on WEEI Monday morning just a few hours after leading the Pats to a thrilling win over the Texans. On the field, Brady has never looked better throwing the football and is going deep more than he has in his entire career. For more on Brady and the national anthem craziness, check out page 16 and **metroboston.us.**

NORTH KOREA SAYS US 'DECLARED WAR'

North Korea's foreign minister said President Donald Trump had declared war on North Korea and that Pyongyang reserved the right to take countermeasures, including shooting down U.S. bombers even if they are not in its air space. Ri Yong Ho said a Twitter message by Trump on Saturday in which the president warned that the minister and North Korean leader Kim Jong Un "won't be around much longer" if they acted on their threats amounted to a declaration of war. White House spokeswoman Sarah Sanders on Monday denied the United States had declared war, calling the suggestion "absurd". Speaking earlier in New York, where he had been attending the annual U.N. General Assembly, Ri told reporters: "The whole world should clearly remember it was the U.S. who first declared war on our country."

REPUBLICANS TWEAK OBAMACARE REPEAL BILL

2 Republican senators struggled to gather more support for a last-ditch attempt to repeal Obamacare on Monday despite revising funding provisions of their bill to make it more attractive to a handful of undecided lawmakers. The outcome remained in doubt with several senators in the party voicing concerns in recent days about the legislation to dismantle Democratic former President Barack Obama's signature healthcare law. In hopes of finding more backing, Republican senators leading the effort released a changed version of their bill that included a table showing some states where senators have been undecided, such as Alaska and Maine, would get more money. For seven years, Republicans have hammered Obamacare, as an unwarranted and costly government intrusion into healthcare.

5 THINGS YOU NEED TO KNOW

MEDIA DAY

3 Kyrie Irving of the Boston Celtics answers questions from reporters during Boston Celtics media day at High Output Studios on Monday in Canton.

GETTY IMAGES

MANNING SAYS SHE WAS DENIED ENTRY TO CANADA

4 Chelsea Manning was turned back at the Canadian-U.S. border because she was convicted of espionage for passing information to Wikileaks, the former U.S. intelligence analyst said on Monday. Manning told Reuters via direct message on Twitter that she drove up to the Canadian border in Lacolle, Quebec, on Thursday evening, planning to vacation in Montreal and Vancouver. She said she was stopped at the border and detained overnight before being handed a report stating she was inadmissible "on grounds of serious criminality," according to a picture of the report she posted online. The offenses Manning was convicted of under the U.S. Espionage Act "would equate to an indictable offense, namely treason" if committed in Canada, the report read.

HUNDREDS LEAVE DANGER NEAR PUERTO RICO DAM

5 Most people living near a crumbling dam in storm-battered Puerto Rico have been moved to safety, Gov. Ricardo Rossello said on Monday, as he urged the U.S. Congress to fund an aid package to avert a humanitarian crisis after Hurricane Maria. Much of the Caribbean island, a U.S. territory with a population of 3.4 million, is still without electricity five days after Maria struck with ferocious winds and torrential rains, the most powerful hurricane to hit Puerto Rico for nearly a century. There have been growing concerns for some 70,000 people who live in the river valley below the Guajataca Dam in the island's northwest, where cracks were seen on Friday in the 88-year-old earthen structure. Rossello said he was working on the assumption that the 120-foot dam would collapse.

REPORT

Violent crime rose 4.1 percent nationwide in 2016 compared to the 2015 estimates, the U.S. Justice Department said on Monday. Violent crime, which the report defines as non-negligent killings, rape, robbery and aggravated assault, had steadily dropped since 2006, but had increased slightly in 2015. Source: FBI annual report

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The first Rail Safety Week began on Monday. WIKIMEDIA COMMONS

MBTA, Keolis to educate public on train safety during Rail Safety Week

Transportation organizations will provide tips throughout the week to keep commuters safe.

KRISTIN TOUSSAINT
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Every three hours in the United States, a person or vehicle is struck by a train, according to nonprofit Operation Lifesaver.

In an attempt to change that statistic, the MBTA, Keolis Commuter Services and Transit Police have teamed up with Operation Lifesaver to launch Rail Safety Week.

The organizations kicked off the first Rail Safety Week with a news conference at South Station, during which they announced 21 educational initiatives that will take place this week around the state, including in Mansfield, Lowell, Worcester, Salem, Lynn, Woburn and more.

"Last year alone, the United States saw more than 900 injuries or fatalities to people walking, playing or taking photos on railroad rights-of-way," said MBTA General Manager Luis Ramírez at Monday's news conference. "These incidents are devastating to both affected families and railway employees — and they are often preventable."

Through Rail Safety Week, Ramirez continued, the transportation authority and its partners will share safety tips with customers and residents, like reminding people that it can take a mile or more to stop a train, so an engineer who suddenly sees someone on the tracks won't be able to stop in time.

These efforts are part of Operation Lifesaver's national Rail Safety Week. The nonprofit, which aims to reduce collisions, fatalities and injuries at rail crossings as well as trespassing on or near train tracks, runs a "See tracks? Think train," educational campaign.

If you think you'd hear a train before it got too close, experts warn that that's a misconception – someone on the tracks often can't hear one approaching until it's too late because of how fast trains can travel.

Even if commuter trains aren't scheduled, Keolis warns that there are also freight trains and other services that operate on the commuter rail network in Greater Boston.

Cars or people too close to the tracks are still at risk since trains overhang the tracks by at least three feet in both directions, according to Operation Lifesaver.

In Dec. 2016, there were two incidents within one week in which a car parked next to the commuter rail in Needham was overturned by the train and another was struck by a Commuter Rail train in Belmont after it got stuck on the tracks.

On Sept. 15, 2017, three people were killed in separate incidents after being struck by Commuter Rail trains while walking on the tracks.

"These incidents are devastating ... and they are often preventable."
Luis Ramírez

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Interim Title IX guidelines leave sexual assault advocates concerned

Betsy DeVos changed campus sexual assault guidelines, and the Boston Area Rape Crisis Center explains how that could affect survivors.

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Education Secretary Betsy DeVos recently rescinded Obama administration guidelines detailing how colleges should respond to campus sexual assaults, leaving advocates concerned about what's next.

The move was not a total surprise, said Stephanie DeCandia, director of programs at the Boston Area Rape Crisis Center (BARCC), but the announcement cancelling out 2011 and 2014 Obama-era documents and adding interim guidelines has left her and her co-workers disappointed.

"It really feels to us like we're going back to a time when there was a lot of chaos and confusion, and when the mandates that were really inherent in Title IX were not being followed by schools," she said.

Title IX prohibits sex discrimination in educational institutions and covers sexual harassment and assault, which DeCandia said is "something that unfortunately we know that many students experience in many different ways."

"Title IX provides some protections around making sure that schools respond promptly and appropriately and that students are able to continue to fully engage in their education," she said. "What the [Obama-era] guidance did was really make sure that schools understood what those obligations should look like."

Prior to the guidance, DeCandia said schools often didn't have a Title IX coordinator, students didn't know their own school's policies and investigations could drag out for months or years, sometimes until the survivor or the student who was being investigated had graduated.

DeVos put in place interim guidance that sets "no fixed time frame" for schools to complete an investigation and leaves the evidence standard up to the school.

To DeCandia, individualized responses to sexual harassment cases could be dangerous.

"I think on the surface that sounds great," she said, "but what we know often happens is that means people's own personal bias may come in, or campus resources may make what we believe to be an appropriate response challenging. Now, there's no longer any real standards around what that response will look like."

Education Secretary Betsy DeVos recently rolled back guileines for Title IX protections. GETTY IMAGES

BARCC works with more than 40 local schools, many of which have said they will continue to enforce the Obama-era guidelines during this interim period — but since these are just interim guidelines, new ones are expected that may prevent schools from continuing that current work.

Harvard has said it doesn't plan to change its Title IX standards, but should new requirements "come down," Deputy Provost Peggy E. Newell previously told the Harvard Crimson, the school will "obviously comply" with federal policy.

For now, it's a waiting game to see what that new policy may be.

"There is a general concern about what this will eventually look like and how it may impact schools' ability to respond the way they want to under Title IX," DeCandia said. "If it's no longer either/or … then we end up with guidance that will feel very much like it will make it difficult for student survivors to report, feel safe reporting and have the response they deserve to have."

> ***"It really feels to us like we're going back to a time when there was a lot of chaos and confusion …"***
>
> Stephanie DeCandia

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Comedian Jimmy Tingle to run for Mass lieutenant governor

The Cambridge comedian recently announced his run for political office.

KRISTIN TOUSSAINT
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kristin.toussaint@metro.us

Comedian Jimmy Tingle has a new American dream, and it's no joke: He's running for Massachusetts lieutenant governor.

The comedian and actor, who has appeared in "Jimmy Tingle's American Dream," "Boondock Saints" and more, recently wrote on his Facebook that he has filed papers to run for lieutenant governor of Massachusetts, a position currently held by Karyn Polito.

"Not a joke!" his Facebook post read. "I would love to get your help and support. What do you think?"

Tingle, a Cambridge native and current resident, filed the paperwork Friday with the Office of Campaign and Political Finance, running as a Democrat.

The move isn't completely out of left field. Tingle holds a master's degree in public administration from Harvard University's Kennedy School of Government, and he's certainly not the first comedian to transition into politics. Al Franken, who performed on and wrote for "Saturday Night Live," was elected to the U.S. Senate in 2008 and has written multiple books on politics, including his most recent, "Al Franken, Giant of the Senate."

Joyce Linehan, a top aide to Boston Mayor Marty Walsh, even drew a connection between the two.

"If you like Al Franken, you might try Jimmy Tingle!" she wrote on Twitter after hearing about the Cambridge comedian's announcement.

He's received other words of support, as well. "Let sanity and humor prevail," one fan wrote on Twitter, responding to Tingle's tweet about the run. "You have my vote."

At a recent comedy show, Tingle read a piece thanking "the undocumented immigrants among us," which he later also posted to Facebook. In it, he apologized to undocumented immigrants for those that take advantage of them as workers and added that, "We hope you're not feeling too insecure in today's political climate."

The lieutenant governor is usually elected as part of a joint ticket with the governor to ensure that they're with the same political party. Polito and Gov. Charlie Baker are both Republicans.

The lieutenant governor position is a four-year term, as is the governor's, and the role serves in the governor's place when they are out of state.

The 2018 Massachusetts gubernatorial election is on Nov. 6, 2018. Baker and Polito have yet to officially announce their intent to run for a second term, but they are expected to launch re-election campaigns this fall.

Jimmy Tingle performs his "Humor for Humanity!" show at Harvard's Sanders Theatre on Jan. 3, 2015. GETTY IMAGES

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Reminder: Harry & Meghan are in love

Sitting. Romantic!

Handholding. Sometimes parental. Sometimes romantic!

In case anyone was momentarily worried, I'd like to assure you that yes, Prince Harry and Meghan Markle are still in love — it's not just something Markle made up to get a Vanity Fair cover. And now, we have proof. Not only did they sit next to each other at the Invictus games, but they held hands afterward! Now if that doesn't completely confirm that their love is one for the ages, I damn well don't know what does!

Is Kylie Kim's surrogate?

It's a hot take.
ALL PHOTOS GETTY IMAGES

On Friday, news broke that Kylie Jenner — a 20-year-old who has as realistic an appearance as her wax figure — was expecting. Not delivery. Not DiGiorno. But an actual baby. It was disturbing, to say the least.

But hear me out, here: What if this is just a big semi-incestuous ploy and Kylie is acting as half-sister Kim Kardashian's surrogate? I mean, we're already living in a nightmare world, so it'd be no shock if the Kardashian-Jenners were kicking it up a notch.

If Kylie indeed is Kim's surrogate, I must say — as an third-person impartial outsider with no personal interest in the matter — that it's the worst idea, ever.

And if Kylie is just actually pregnant with boyfriend Travis Scott — a man she knows inside and out, having dated him for a mere five months — then, I don't know. I guess the apocalypse is real, it's here and it's coming for all of us. So get thee in your bunkers.

Ian & Nikki would like to be relevant

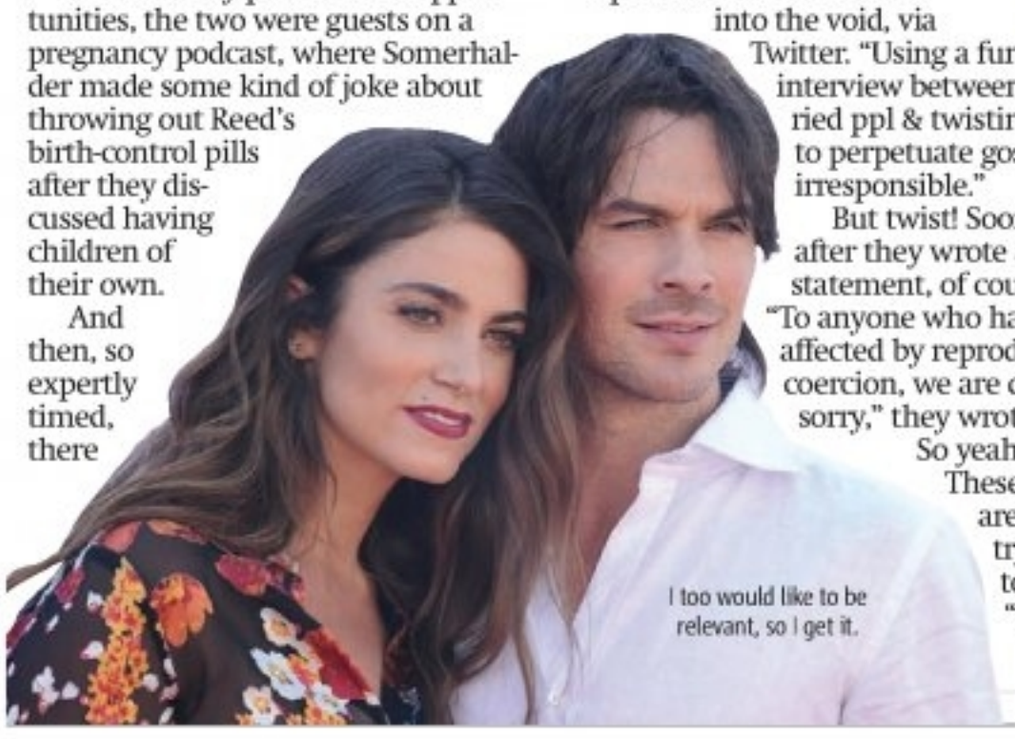
Ian Somerhalder and Nikki Reed are two C-list actors who are married and have a baby. The pair are both mostly famous for playing blood thirsty (for attention) vampires in "Vampire Diaries" and those dang "Twilight" movies, respectively. Oh, also, I was being nice when I said "C-list."

Bereft of any professional opportunities, the two were guests on a pregnancy podcast, where Somerhalder made some kind of joke about throwing out Reed's birth-control pills after they discussed having children of their own.

And then, so expertly timed, there was the backlash. Once people started throwing around the words "coerce" and "not cool" and "I'm sorry, who?" Reed took it upon herself to scream into the void, via Twitter. "Using a funny interview between married ppl & twisting it to perpetuate gossip is irresponsible."

But twist! Soon after they wrote a joint statement, of course. "To anyone who has been affected by reproductive coercion, we are deeply sorry," they wrote.

So yeah. These two are still trying to be a "thing."


I too would like to be relevant, so I get it.

Heidi is single now

What a wonderful love story.

Heidi Klum — a very successful lady who is very into Halloween — had a boyfriend. But you don't really need to get to know him or anything, because now they're done. Just in case you were like, "Wait, does Heidi Klum have a boyfriend or nah?"

The 44-year-old supermodel released a statement to People, of her own volition, that simply said, "I believe that it is important to take time to pause and reflect." That's deep, Klum. That's deep.

Looks like things with Klum and the boyfriend of three years you didn't know existed — a dude named Vito Schnabel, aged 31 — fizzled out after the two took some time apart. "Things have been difficult recently, they live on opposite coasts," a source told People earlier this month. Mmkay!

May Klum find comfort in the bosom of another dude that is irrelevant to the masses. I wish her the best.

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Let 'The Opposition' commence

"Daily Show" alum Jordan Klepper and his team of citizen journalists are ready to take on late-night TV.

MICHELLE BYRON
@MetroBOS
letters@metro.us

The gang is all here, starting tonight at 11:30 p.m. GAVIN BOND/COMEDY CENTRAL

Jordan Klepper's desk has a prop vintage microphone, reminiscent of the McCarthy era, and stacks of earmarked print outs that hint at "crazed conspiracy theorist." The background of the set for his new late-night show, "The Opposition with Jordan Klepper," which airs Sept. 25, looks very much like the barrel of a gun, which is decidedly on-brand for this show.

The studio, situated between a rundown souvenir shop and a salon called Nail & Stuff, is located on the second floor in the Grand Ballroom, an anachronistic name for a space that now opens up onto a linoleum tiled, security-enforced holding room, complete with metal folding chairs.

But through the cattle-herding-inspired audience-holding room is a happy surprise — a sleek, spacious, set with a thoughtful design — a very happy surprise. According to one Comedy Central representative, the studio was last home to Food Network's "Worst Cooks in America," and Klepper's team had to work hard to upgrade not only the look of the studio, but also the smell.

A former "Daily Show" correspondent, Jordan Klepper, 38, describes how the idea for the show spawned from his work interviewing Trump supporters at rallies during the 2016 election. He became fascinated with where these supporters were getting their information and what exactly was defining their worldview.

Turns out it wasn't traditional news. "[There are] other sources like InfoWars, Breitbart, the Blaze, internet sources, Facebook feeds," he said. "Ways in which they could go into the internet and get the stories that they wanted fed back to them."

He found that those nontraditional outlets were fueling the alt-right landscape. And naturally, he wanted to shed light on this arena through comedy. "The Opposition" intends to answer the question, "What if an alt-right, anti-mainstream opportunist was given a late-night talk show?"

Before you write off Klepper's induction into the white-man-hosting-another-late-night-show hall of fame, the series promises a clear idea of how it will separate itself from the ever-expanding buffet of satirical comedy shows. Its cast of characters will be sure to entertain, subvert, and enlighten their audiences.

And that's perhaps the most exciting aspect of the series: the diverse talent represented in the cast of "citizen journalists." Hailing from improv and sketch comedy backgrounds, Tim Baltz, Kobi Libii and Nicole Thurman (all from "Second City") will be joined by Laura Grey, Josh Sharp, and Aaron Jackson (hailing from "Upright Citizens Brigade"). Each citizen journalist will bring a different archetype from the alt-right to life: from fame-hungry provocateurs to thrill-seekers to beta-alpha males (a term coined by Baltz).

If you like laughing as the world burns, if you like Klepper's work on "The Daily Show" and want to see his character enhanced with an bigger blind spot, "a dash of paranoia and a lot of overconfidence," hold onto your guns and/or pride flags and get thee ready for "The Opposition." Maybe it's just what our country needs right now.

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Our favorite moments from 'This Is Us' so far

Susan Kelechi Watson as Beth, Eris Baker as Tess Pearson and Sterling K. Brown as Randall in "Last Christmas."

Justin Hartley stars as Kevin in the "Pilgrim Rick" episode.

Rebecca and Jack get ready to welcome triplets.

Spoilers below.

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

Simply watching the first episode for NBC's "This Is Us" will have you hooked. With its relatable and cast of complex characters, twisting plot lines and heartfelt moments, it's impossible to make it through an episode without crying. With the season two premiere tonight, we thought it would be cool to look back on some of our favorite "This Is Us" moments.

Randall's daughter Tess tells it like it is

In the "Last Christmas" episode, William (Ron Cephas Jones) brings his lover, Jesse (Dennis O'Hare), to dinner at Randall's (Sterling K. Brown) house. Randall has just gotten to know his father, who's been missing from his life for the past 35 years. His young daughter Tess (Eris Baker) sees William and Jesse cozying up at the piano and says to her dad: "Dad, grandpa is gay. Or at least bi." Kids!

Kevin lets Miguel wear the Pilgrim hat

A Pearson family tradition involves telling the story of Thanksgiving wearing a Pilgrim hat, with each member of the family taking turns. Miguel (Jon Huertas), their stepfather, tries his best to be accepted by Kevin (Justin Hartley), his stepson, but the relationship is clearly strained. This year, however, Kevin finally let Miguel wear the Pilgrim hat and the moment warms the heart.

The whole first episode

In the pilot, each story is presented separately and you're not quite sure how each character is connected — until the end. From triplets to a miscarriage to a spur-of-the-moment adoption, the whole darn thing is an emotional roller coaster and beautifully written.

Pot brownies

Sometimes we need a reminder that just because someone is older than we are doesn't mean they don't enjoy the same things we do — like pot brownies. When Beth (Susan Kelechi Watson) makes pot brownies for William, they're finally able to connect and get to know one another. It also sets the stage for the revelation of the secret.

Randall finds out the secret

Beth finds out first from William that he's been in touch with his son's adopted mother, Rebecca (Mandy Moore) from the beginning. She wants Rebecca to be the one to tell him but in the end, Randall finds out himself on Thanksgiving Day while rummaging through William's belongings.

The most epic sibling brawl

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Ron Cephas Jones as William and Susan Kelechi Watson as Beth indulge in some special brownies.

Mandy Moore as Rebecca, Mackenzie Hancsicsak as 8-year-old Kate, Milo Ventimiglia as Jack, Lonnie Chavis as 8-year-old Randall and Parker Bates as 8-year-old Kevin in "The Pool" episode.

Chris Sullivan as Toby and Chrissy Metz as Kate hit the dance floor. ALL PHOTOS NBC

competitive with each other, fighting in Times Square and interrupted by Seth Meyers (playing himself). It doesn't really get much crazier than that, especially when one of the brothers plays a famous actor in the show.

The pool

Rebecca as a young mom has a lot to juggle but also puts up defenses when it comes to asking for help. When Yvette (Ryan Michelle Bathe), an African-American mother her age, remarks that Randall needs to go to a different barber, Rebecca at first takes offense. By the end of the day, however, she opens up to receiving help and schedules more playtime for Randall with Yvette's kids.

Toby takes Kate to the nursing home

Kate (Chrissy Metz) is a beautiful person who lacks confidence in herself. When her boyfriend, Toby (Chris Sullivan), discovers she can sing, he encourages her to perform. She brushes him off, but he doesn't relent and next thing you know, he appears at her house with a chauffeur's hat and a camera — treating her like a celebrity.

Kevin has a pretty epic breakdown on the set of "The Manny."

He takes her to his aunt's nursing home and schedules Kate to sing a song for its residents, easing her into the spotlight gently. It's a sweet and memorable moment.

Manny's breakdown

Kevin is an actor best known for his role as "The Manny" — a goofy but popular sitcom. Filmed before a live television audience, he's perpetually shirtless while taking care of a baby. (Nanny, but a man, get it?) In a special episode with the late Alan Thicke, he completely loses it and quits on the air in front of everyone. When you've had enough, you've had enough. (Am I right?)

Season two of "This Is Us" premieres tonight at 9 p.m. on NBC.

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How to help a loved one struggling with addiction

If you need back-up, staging an intervention with a medical professional can help you communicate your concern for a loved one and get them immediately entered into a treatment program. ISTOCK

Dr. Deni Carise, Chief Scientific Officer of Recovery Centers of America, tells us the best approach for helping a loved one get on the path to recovery.

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When you suspect someone you care about is struggling with substance abuse issues, it can be really scary. Whether it's your child, partner, family member or a good friend, you want to help them, but it's tricky to know the right way to approach the situation. What if you say the wrong thing and lose their trust? What if your concern backfires, and they go on a life-threatening bender in retaliation?

"People are often afraid to ask people if they're using drugs or have an alcohol problem. What I would say is, they need to really think about what could happen if they don't ask," says Dr. Deni Carise, the Chief Scientific Officer of Recovery Centers of America (RCA).

The clinical psychologist and substance abuse specialist gives us her advice on the best way to help a loved one get on the path to recovery.

Don't be afraid to say something

Bring up your concerns, but don't be confrontational. One way to ease into the conversation is by saying something to the effect of, "I noticed you're having trouble with things that would usually come easy to you. Is there something going on?" suggests Carise.

"The more you can err on the side of not seeming like you're making a judgement, but that you're concerned, the better," she advises.

If they deny there's a problem, come back with the facts you've noticed, whether they've missed work recently or they've been nodding off during dinner, Carise says.

Stage an intervention with a medical professional

If you feel like you need some extra help, you can have a medical professional intervene. At RCA centers, it's free to hire an interventionist to help you plan an intervention with close friends or family and the person you're worried about. There's strength in numbers: if one person thinks they have a problem, that's one thing, but if say, three do and a doctor, it's harder for them to deny it.

Be specific about the ways addiction is impacting your loved one. ISTOCK

An interventionist will not only serve as a mediator to make sure you calmly and effectively communicate your support and concern for your loved one, but also help you come up with a treatment plan. Ideally, the goal is to enter them into a rehab program immediately after the intervention.

"What we know about substance abuse is that there's a window where people see it as a problem, and that window closes pretty quickly," says Carise. For example, if you stage the intervention on a Thursday, and a person agrees at that time to check into rehab on Monday, there's a good chance they'll change their mind by then.

What if the person is a high-functioning user?

It's arguably easier to stage an intervention or convince someone they have a problem after a catastrophic event — say, they lost their job because of using, or, god forbid, got into an accident. But what about high-functioning users, who still excel at work and meet their responsibilities, despite their dependence on drugs or alcohol?

"You want to look at other things: Is it impacting their physical or mental health? Their social or family obligations? You want to focus on the problems caused by the drugs or alcohol and have that discussion with the person," Carise advises.

Signs of addiction

Many people struggling with addiction use in secret. Here are some telling signs that someone might be abusing drugs or alcohol. "Typically, you're seeing a behavior you didn't use to see that's worrisome," Carise explains. It could be that the person stops showing up to work or social engagements. You might find that they're being more secretive. Especially in the case of teenagers, they might start spending time with a different set of friends.

Heroin/opioids

With prescription opiates or heroin, a user will often "nod off" — drop their head and start to fall asleep as they're sitting there. Their pupils will appear smaller. Frequent scratching is common. They might lose a lot of weight.

Alcohol abuse

The user might have puffy skin from retaining water, and a red nose from enlarged blood vessels. You might see them stumble or smell alcohol on the breath. They might be irritable or experience tremors — shaky hands — if they've gone too long without a drink.

Cocaine/amphetamines

Users will appear hyperactive, talk rapidly and express ideas of grandeur. They will have a decreased need for sleep and might experience a major loss of weight.

CVS to limit opioid prescriptions

In a constructive step forward in the fight against our country's opioid crisis, CVS announced Friday that it will implement new restrictions on how opioid prescriptions are dispensed in stores nationwide, beginning Feb. 1, 2018.

The national pharmacy chain will limit opioid prescriptions to a seven-day supply for patients seeking pain treatment for the first time. Additionally, it will restrict the daily dosage of opioid pills, based on the strength of the opioid, and require immediate-release formulations before approving extended-release formulations, which are much stronger.

Beginning Feb. 1, 2018, CVS will limit the supply, strength and dosage of opioid prescriptions in its pharmacies nationwide ISTOCK

Beyond these regulations in dosing and quantity, there will be an education component, too: CVS pharmacists will counsel patients filling new prescriptions in opioid safety and the risks of addiction, based on guidelines established by the Centers for Disease Control and Prevention (CDC).

This has the potential to make a huge impact, as CVS is one of the largest national pharmacy chains in the nation, with almost 10,000 stores and more than 1,100 walk-in medical clinics, and provides prescriptions to nearly 90 million people each year.

According to the CDC, opioid overdoses have quadrupled since 1999, and in 2015, prescription opioids were involved in 15,281 deaths. In 2016, 214,881,622 opioid prescriptions were dispensed by retail pharmacies.

"Without a doubt, addressing our nation's opioid crisis calls for a multipronged effort involving many healthcare stakeholders, from doctors, dentists and pharmaceutical companies to pharmacies and government officials," Larry J. Merlo, president and CEO of CVS Health, said in a release.

CVS will also expand its Medication Disposal for Safer Communities Program to a total of 1500 kiosks and disposal units in CVS pharmacies nationwide.

"Making sure people can safely dispose of unwanted medications is a key part of preventing opioid misuse and abuse, and CVS Health has taken this important step which will support the health of communities across the country," said Richard Baum, acting director of National Drug Control Policy.

Significantly, CVS has made naloxone (known popularly by its brand name, Narcan), an opioid-overdose reversal medication, available over-the-counter in 41 states. KATE MOONEY

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Old man Brady throwing bombs

At age 40, Tom Brady is throwing the ball deeper and better than ever.

JAMES TOSCANO
@Jimmy_Toscano
sports@metro.us

Tom Brady has been looking deep more often that usual so far this season. GETTY IMAGES

Tom. F—ing. Brady.

If you caught the Patriots' 36-33 win over the Texans on Sunday afternoon, there's a good chance you dropped an F-bomb or two toward the Pats defense. But as he's done time after time throughout his Hall of Fame career, Brady took over with one final drive to make things right - and he did.

A 75-yard, game-winning touchdown drive in 2:01 to put the Pats ahead for good with 0:23 left on the clock did the trick. And folks, over the last 17 years that's about as fall in New England as apple picking is.

With that win, Brady now has 52 career fourth quarter comeback wins, which include eight by touchdowns in the final minute. Prior to Sunday's win, the last time he did it by touchdown in the final minute was in 2013 (twice).

So how do you go 75 yards in two minutes? You throw that sucker deep.

For Brady and the Patriots, that's been the theme this season.

In the Week 1 loss to the Chiefs, Brady attempted 10 deep passes of 20-plus yards in the air, completing just two of them. It was a clear sign that with Julian Edelman out, they were looking longer. Early on, the results were troubling.

But instead of tossing that strategy out the window, it's clear that they doubled down on it and continued to work out the kinks. On Sunday against Houston, the product was on display throughout. Brady connected on five of his eight pass attempts of 20-plus yards through the air, for 185 yards and three touchdowns. There were some other relatively long ones mixed in throughout as well.

On the team's final drive of the game, Brady hit Brandin Cooks for a 19-yard gain that was called back due to holding, he hit Cooks again for 18 yards along the sideline, on 3rd-and-18 he hit Danny Amendola for 27 yards, and then on the next play threw the 25-yard touchdown to Cooks — who had the awareness to keep his toes inbounds before landing.

"We were able to overcome a couple of long-yardage situations on the last drive with Danny [Amendola] and Rob [Gronkowski]," Bill Belichick said. "[Brandin] Cooks, obviously, on the last play against Cover-2 down the sideline made a great catch there."

Brady now leads the league with 22 attempts, 11 completions, 368 yards and four touchdowns on deep (20-plus yards in the air) attempts, while he has the second-highest passer rating on these attempts, at 135.4, according to Pro Football Focus.

His 22 attempts are almost half of the 49 such attempts he had in all of last year's regular season, and while he attempted a deep pass on only 11.3-percent of his passes last season, he has the highest rate in the NFL this season at 20.0-percent, according to Pro Football Focus.

With players like Cooks, Gronkowski, Chris Hogan, and Amendola the Patriots have the personnel to go deep. Cooks alone has five of those receptions this season for 187 yards and two touchdowns, both of which came against the Texans.

So while Major League Baseball recently broke its record for home runs in a single season this year, the Patriots, too, are digging the long ball.

Brady speaks out on Trump

Tom Brady opened up about his feelings over President Donald Trump's controversial remarks on NFL players who protest the National Anthem during his weekly chat with WEEI on Monday.

"I certainly disagree with what [Trump] said. I thought it was just divisive," Brady told Kirk & Callahan. "I just want to support my teammates. I am never one that says, 'Oh that's wrong' or 'that's right,' but I do believe in what I believe in."

- *Matt Juul*

Sox looking good with MLB playoffs just 10 days away

The Red Sox will almost surely clinch the American League East this week at Fenway Park as they entered last night's game against Toronto with a cozy five-game advantage in the division over the Yankees.

Chris Sale (17-7, 2.75 ERA) will get the ball for the Sox on Tuesday against the Blue Jays in what could prove to be his final start of the regular season. Sale is currently slated to pitch the regular season finale on Sunday at Fenway against the Astros, the team the Red Sox will likely face in the ALDS starting next week (Game 1 of the best-of-five would take place on Thursday, Oct. 5 in Houston).

It will be interesting to see how the Sox and the Astros juggle their lineups and pitching staffs this weekend in what will likely be a playoff preview. Sale, certainly the Sox' Game 1 starter, will be toeing the line of either being well and rested or being too rusty if he doesn't take the mound on Sunday against Houston.

The X-factor

Wouldn't it be poetic if David Price, in this season of turmoil, wound up being the Red Sox' postseason savior?

Price has been brilliant in his two outings as a relief pitcher since coming off the DL. On Sept. 17 against Tampa Bay, Price pitched two scoreless innings without surrendering a hit. This past Friday against the Reds, Price worked 2.2 innings and struck out four without allowing a run.

"He's healthy and that's the beauty of all this," Red Sox manager John Farrell said. "We're talking five innings in the past two months and that's impressive to see the way he commands the baseball." MATT BURKE

David Price has looked good in the two outings since his return. GETTY IMAGES

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TO WIT:

Unit No, 18 (the "Unit") in THE 51 PARK DRIVE CONDOMINIUM (the "Condominium"), a Condominium established pursuant to Massachusetts General Laws, Chapter 183A, by Master Deed dated December 28, 1983, and recorded with the Suffolk County Registry of Deeds on December 29, 1983, in Book 10710 at Page 99, as amended by First Amendment to Master Deed dated September 21, 1984, and recorded with the Suffolk County Registry of Deeds on September 21, 1984 in Book 11160 at Page 76 (the "Master Deed") and by Declaration of Trust dated December 28, 1983, and recorded with the Suffolk County Registry of Deeds on December 29, 1983, in Book 10710 at Page 122 ("Declaration of Trust and By-Laws"). Together with the undivided percentage interest in the common areas and facilities of the condominium as set forth in the Master Deed, as same may be amended from time to time.

For title reference see Deed dated August 17, 2000 and recorded Book 25261, Page 50.

For mortgagor's(s') title see deed recorded with Suffolk County Registry of Deeds in Book 25261, Page 50.

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9/19/2017, 9/26/2017, 10/03/2017

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Melrose Thompson and Claudie Browne to Mortgage Electronic Registration Systems, Inc. as nominee for Bank of England, its successors and assigns., dated January 8, 2010 and recorded with the Suffolk County Registry of Deeds at Book 45944, Page 94 subsequently assigned to JPMorgan Chase Bank, National Association by Mortgage Electronic Registration Systems, Inc. as nominee for Bank of English, its successors and assigns by assignment recorded in said Suffolk County Registry of Deeds at Book 52096, Page 96; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 1:00 PM on October 17, 2017 at 28 Stow Road, Boston (Mattapan), MA, all and singular the premises described in said Mortgage,

TO WIT: A certain lot of land, with the improvements thereon, situated in the City of Boston (Mattapan District), Suffolk County, Massachusetts, known and numbered as 28 Stow Road, being Lots 130 and 131 on a Plan known as Morton Heights, in Dorchester, Mass., H.A. Millhouse, Surv., dated January 26, 1914 and recorded with Suffolk Deeds at the end of Book 3795. Said land is bounded and described as follows: NORTHWESTERLY by Stow Road, thirty-nine and 56/100 (39.56) feet; NORTHWESTERLY by Lots 132, 133, 134 and 135 on said plan, eighty (80) feet; SOUTHEASTERLY by Lots 140 and 141 on said plan, thirty-nine and 56/100 (39.56) feet; SOUTHWESTERLY by Lot 129 on said plan, eighty (80 feet). Said premises are conveyed subject to easements and restrictions of record insofar as the same are now in force and applicable. See easement dated January 8, 2010 and recorded herewith. Being the same premises conveyed to the herein named mortgagors by deed recorded with Suffolk County Registry of Deeds herewith.

Upon information and belief, there is an error in the legal description attached to the mortgage, wherein the second bound should read: NORTHEASTERLY by Lots 132, 133, 134 and 135 on said plan, eighty (80) feet;

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE: A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS ($5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms if any, to be announced at the sale.

JPMorgan Chase Bank, N.A.

Present Holder of said Mortgage,
By Its Attorneys, ORLANS PC
PO Box 540640, Waltham, MA 02454
Phone: (781) 790-7800
16-006481

September 26, 2017, October 3, 2017
and October 10, 2017

COMMONWEALTH OF MASSACHUSETTS

(SEAL) **LAND COURT** 17 SM 004613

DEPARTMENT OF THE TRIAL COURT

ORDER OF NOTICE

TO: **Stephen Azums AKA Stephen U. Azums** and to all persons entitled to the benefit of the Servicemembers Civil Relief Act:, 50 U.S.C.c. 50 §3901 (et seq):

PROF-2013-S3 Legal Title Trust II, by U.S. Bank National Association, as Legal Title Trustee claiming to have an interest in a Mortgage covering real property in **Boston (Hyde Park)**, numbered **201 Clare Avenue**, given by **Stephen Azums and Vivian Azums** to **Mortgage Electronic Registration Systems, Inc. as nominee for, Countrywide Home Loans, Inc., its successors and assigns,** dated **November 18, 2005,** and recorded with the **Suffolk County Registry of Deeds** in Book **38540,** Page **226,** and now held by plaintiff by assignment has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at **Three Pemberton Square, Boston, MA 02108** on or before **October 23, 2017** or you will be forever barred from claiming that you are entitled to the benefits of said Act.

Witness, JUDITH C. CUTLER Chief Justice of this Court on September 7, 2017
Attest:

Deborah J. Patterson
Recorder
(15-010544 Orlans)

9/26/17

CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L. c. 190B, §5-304

Docket No. SU17P1395GD

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
In the matter of: **Nathaniel Jackson**
Of: **Boston, MA**
RESPONDENT
Alleged Incapacitated Person

To the named Respondent and all other interested persons, a petition has been filed by **Benjamin Healthcare Center** of **Boston, MA** in the above captioned matter alleging that **Nathaniel Jackson** is in need of a Guardian and requesting that **Velma J Brinson of Mattapan, MA** (or some other suitable person) be appointed as Guardian to serve **Without Surety** on the bond.

Suffolk Probate and Family Court
24 New Chardon Street, Boston, MA 02114

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **10/05/2017.** This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Joan P Armstrong, First Justice of this Court.

Date: August 29, 2017

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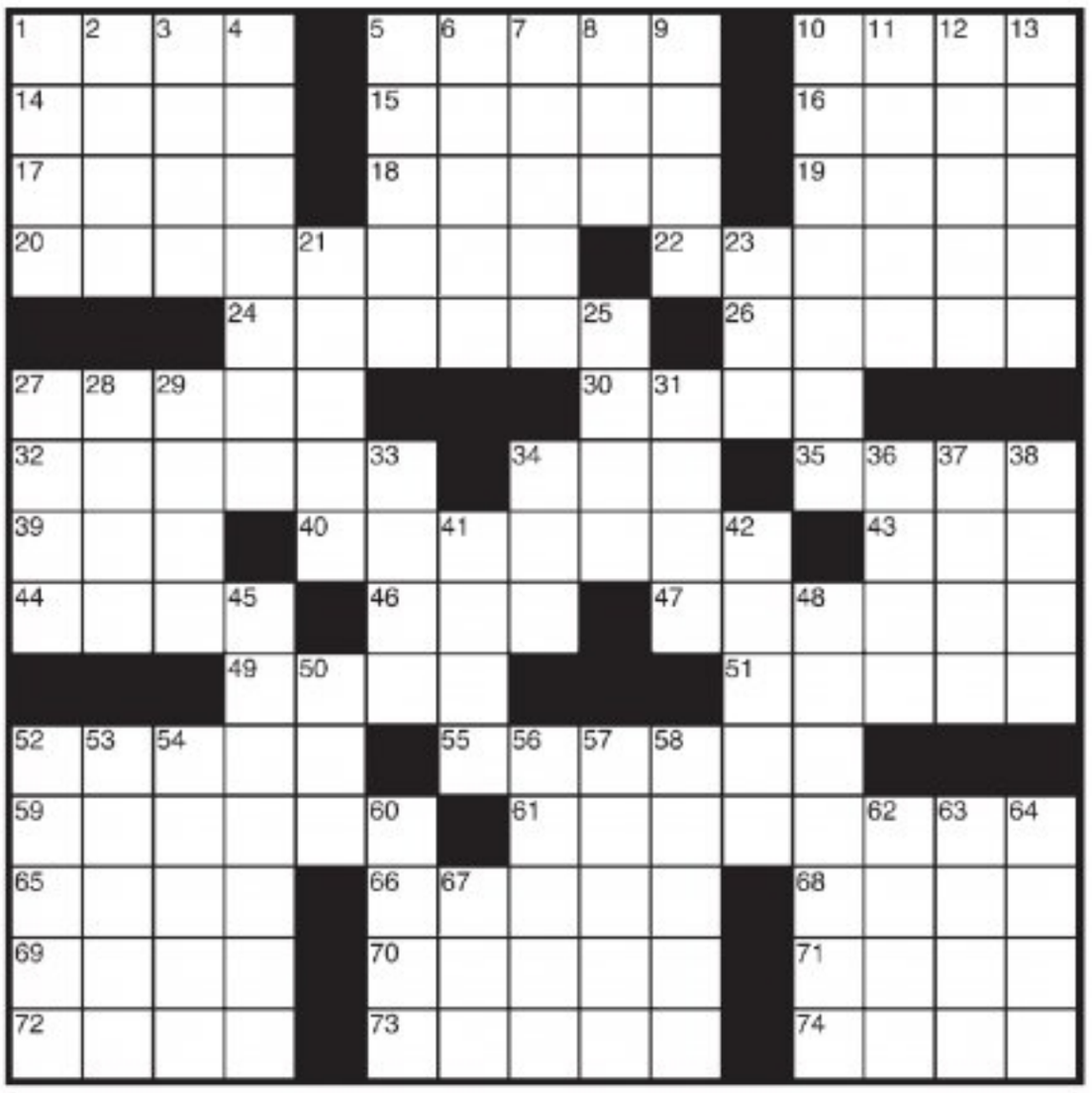
Across

1 Exchange pleasantries
5 Pinnacles
10 Racket
14 Corker
15 This too -- pass
16 Ocean flier
17 Culture dish goo
18 Sun, in combos
19 Israel's Golda
20 Pessimistic
22 "It's Only Make Believe" singer
24 Vacation plus
26 Tatum or Ryan
27 Do a salon job
30 "Diana" singer
32 Maria Conchita --
34 Tell an untruth
35 Freeway access
39 Big green parrot
40 High voices
43 Merry, to Mimi
44 Many millennia
46 Crunch targets
47 Happens again
49 Upscale sport
51 Hunt illegally
52 Thrashed
55 Place setting item
59 Rub against
61 Determination
65 Drench
66 Earth, to Pierre
68 Comic-strip dog
69 Nobelist Desmond --
70 Similar
71 Landlord's fee
72 Dance move
73 Does in a dragon
74 Mr. Arnaz

Down

1 Outfitted
2 Sci-fi award
3 -- -- unto itself
4 Excites (2 wds.)
5 Pale
6 Not play fair
7 Mediterranean island
8 Wallach or Lilly
9 ATM feature
10 Graduate course
11 Knossos site
12 Ekberg or Loos
13 Ms. Streep
21 Explode
23 Stir-fry need
25 Claw or talon
27 Bar of soap
28 Butter substitute
29 Provide at interest
31 "Faint heart -- won ..."
33 Word of mouth
34 Many oz.
36 Water, in Baja
37 Squeezed fruit residue
38 Word of contempt
41 Poet's black
42 Cuttlefish pigment
45 Talk louder (2 wds.)
48 Harmony
50 Like some socks
52 Persists
53 Roughly
54 Dilapidated car
56 Posh hotel lobbies
57 Cheerful
58 Trouser parts
60 Theta preceders
62 -- fixe
63 Pie pans
64 Big Foot kin
67 Bracket type



metro.us/sudoku

easy

8	4				9	3		
		5		8	3		7	2
2		1					6	
			4		1		9	
				2				
	8		6		5			
	6					9		4
5	2		8	4		7		
		3	5				8	6

hard

		5	3					
		8				9		2
9			8	2		6		
		1	6			7	8	
	4		1		2		9	
	5	3			7	2		
		2		3	8			7
5		9				1		
					5	8		

metro.us/horoscopes

Aries Before starting something new, take care of unfinished business. Discipline will be required if you don't want to veer off-track. Curb impulsiveness.

Taurus Emotions will be difficult to control. Watch your spending habits and refrain from feeling compelled to pay for others to make an impression.

Gemini A change regarding an important relationship will be required if you want to move forward. Look at the pros and cons and make the necessary alterations.

Cancer Demanding people, bosses or dependents will be hard to deal with. A disciplined approach to whatever challenge you face will help you achieve your goal.

Leo Taking short trips, attending a lecture that offers financial advice or exploring ways to improve your domestic and professional lives will help you reach your goals.

Virgo Problems with an older family member or your household finances will surface if you don't take steps to deal with such matters. Stay on top of your responsibilities.

Libra Make personal changes that will help you market and promote what you have to offer. Make new friends and associates, and listen and learn from the advice you receive.

Scorpio Consider the consequences of your actions before making a decision that will affect your personal life. Emotional distress will not be worth your while. Be true to yourself.

Sagittarius A problem with a friend, relative or someone you encounter while traveling will intensify quickly if you aren't careful about how you respond to conflict.

Capricorn Stay focused on what's important to you. Be careful when dealing with bureaucratic or institutional matters. Read the fine print and take care of your affairs personally.

Aquarius If you want to negotiate or sign contracts, take a close look at the fine print. Making a hasty decision will cost you. Know your boundaries and your budget.

Pisces If you feel pressured by a co-worker, boss or partner, take a step back. Assess your situation and be honest about the way you feel. EUGENIA LAST

Yesterday's answers

W	H	A	T	■	■	D	R	U	M	■	R	A	J	A
O	A	S	E	S	■	R	O	S	A	■	E	D	E	N
W	H	I	S	K	■	I	N	D	Y	■	C	O	L	D
S	A	N	T	A	F	E	■	A	F	F	A	B	L	Y
■	■	■	T	E	R	R	■	L	O	P	E	S	■	■
H	E	D	G	E	D	■	A	R	I	A	■	■	■	■
A	L	I	A	S	■	A	T	T	E	M	P	T	E	D
V	A	N	S	■	S	I	T	E	S	■	H	E	R	A
E	N	T	H	R	A	L	L	S	■	A	D	L	I	B
■	■	■	A	P	S	E	■	A	I	S	L	E	S	■
■	S	H	A	R	P	■	D	E	A	R	■	■	■	■
A	N	A	H	E	I	M	■	P	A	I	D	O	F	F
D	O	Z	E	■	E	I	N	E	■	N	A	D	I	R
A	R	E	A	■	S	L	O	E	■	G	R	O	V	E
M	E	L	D	■	T	E	N	S	■	■	T	R	E	E

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